



Fruited Rice Pilaf

Serves: 6 people

Preparation Time: 25 minutes

Ingredients:

- ♣ 2 tsp. olive oil
- ♣ 1-1/2 cups uncooked basmati or regular long grain rice
- ♣ 1 clove garlic, minced
- ♣ 1/4 cup diced onion
- ♣ 1 can chicken broth
- ♣ 1/4 tsp. ground black pepper
- ♣ 1/2 cup dried cranberries
- ♣ 1/2 cup raisins
- ♣ 1 cup dried apricots
- ♣ 1/4 cup sliced green onions, with tops
- ♣ 1/4 cup slivered almonds, coarsely chopped

Directions:

Heat oil in large saucepan over medium heat until hot. Add rice and garlic; cook 1 to 2 minutes or until rice is coated with oil and garlic is fragrant. Stir in broth and pepper. Cover; bring to a boil. Reduce heat; simmer 10 minutes. Stir in cranberries, raisins, and apricots. Cook 7 to 10 minutes longer or until liquid is absorbed and rice is tender. Fluff rice with fork; stir in onions and almonds. If desired, garnish with additional sliced green onions.

Cups of Fruits and Vegetables Per Person: 1

Nutrition:

Nutrition Facts	
Fruited Rice Pilaf	
Serving Size 2/3 cup	
Amount Per Serving	
Calories 260	Calories from Fat 40
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% Daily Value (DV)*	
Total Fat 5g	7%
Saturated Fat 1g	3%
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 54g	18%
Dietary Fiber 4g	16%
Sugars 27g	
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Protein 5g	
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Vitamin A	15%
Vitamin C	4%
Calcium	4%
Iron	8%
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* Percent Daily Values are based on a 2,000 calorie diet.	

Diabetic Exchange**

Fruit: 2
Vegetables: 0
Meat: 0
Milk: 0
Fat: 1
Carbs: 1
Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included.